

PAIRS Walking Groups Participant Waiver

PAIRS is free a community program that connects people with Parkinson's to college students. Before your first walk, we ask that you read and sign this agreement. It explains what our program is (and isn't), the everyday risks of walking together outdoors, and how you can help keep yourself safe. By signing, you acknowledge these risks and agree to release PAIRS, its organizers, and its volunteers from liability.

NOTICE TO PARTICIPANTS ENROLLED IN A MEDICAL RESEARCH STUDY: If you are currently participating in a clinical or research study conducted by or through a hospital, university, or other institution, please be aware that your rights as a research participant — including rights established by your informed consent agreement with that study — are not affected by this waiver. Nothing in this document is intended to, or shall, waive or limit any right you may have as a research subject under applicable federal or state law.

I choose to participate in the PAIRS Walking Groups of my own free will, and I confirm that I am at least eighteen (18) years of age. If I have a legal guardian or conservator, I will let a PAIRS organizer know before signing, so that my representative can also sign if needed.

1. We Are a Social Group, Not a Medical or Fitness Program

The PAIRS Walking Groups are a community-based social activity. I understand that the organizers and college student volunteers are not here to provide medical care, physical therapy, rehabilitation, fitness training, or medical advice of any kind. Our volunteers are present only to lead and accompany the walks and to offer social companionship, encouragement, and general friendly assistance. Please continue to rely on your own doctors and healthcare providers for anything related to your health and treatment.

2. Voluntary Participation and Assumption of Risk

I am participating in the walking groups — and, if applicable, using the provided walking poles — entirely of my own free will. I acknowledge that the poles may aid stability but cannot guarantee the prevention of falls or injuries. I have had an opportunity to inspect any equipment provided by PAIRS, including walking poles, prior to use, and I accept responsibility for inspecting such equipment before each use. PAIRS makes no warranty, express or implied, regarding the condition, fitness, or suitability of any equipment provided. If any equipment is provided by PAIRS, I understand that PAIRS does not warrant it to be free of defect, and I agree to notify a volunteer immediately if I notice any damage or malfunction.

I understand that outdoor walking and pole use involve known and unanticipated risks that could result in physical injury, worsening of a medical condition, or property damage. These risks include, but are not limited to:

- Uneven, unpredictable, or slippery terrain, which may cause slips, trips, or falls.
- Forces of nature, including weather, heat, cold, and insects.
- Physical exertion from walking, and how my own condition or limitations (including symptoms related to Parkinson's Disease) may respond to it.

I understand and acknowledge that participation in this activity involves the risk of serious injury, including permanent disability and death. I expressly agree to accept and assume all risks associated with this activity, whether known or unknown.

3. Health, Readiness, and Listening to Your Body

Before joining, I will complete a short welcome and readiness questionnaire so that PAIRS can get to know me and help make the walks comfortable. I agree to answer it honestly and to the best of my knowledge. I understand this questionnaire is not a medical exam or clearance — it simply helps our volunteers welcome me and plan a good experience.

I confirm that, to the best of my knowledge, I am in good enough health to take part in gentle, self-paced outdoor walking. I agree to walk at a pace that feels right for me, to rest whenever I need to, and to stop and let a volunteer know right away if I feel unwell — for example, if I experience chest pain, dizziness, lightheadedness, unusual shortness of breath, or any other symptom that makes it feel unsafe to continue.

PAIRS encourages me to speak with my own physician or healthcare provider about whether this kind of activity is right for me, especially considering any conditions I may have, including those related to Parkinson's Disease. I understand this program is not a substitute for medical care, physical therapy, or rehabilitation, and I accept responsibility for any medical or physical condition I may have.

4. Participant Conduct

I agree to follow the reasonable instructions of PAIRS organizers and volunteers, to conduct myself in a safe and respectful manner, and to use any equipment only as intended. I understand that I am responsible for my own safety and well-being while participating, including pacing myself, staying hydrated, and stopping to rest when needed.

5. Transportation

I understand that PAIRS is not responsible for my transportation to or from walking locations. I assume all risks associated with my transportation to and from walking locations, regardless of how I choose to travel. If PAIRS makes a transit voucher or similar resource available to me, I understand that doing so does not make PAIRS responsible for my transportation, for the acts or omissions of any transit provider, or for any injury or loss that occurs in the course of travel. My use of any transit resource is entirely at my own risk and discretion.

6. Release of Liability

I voluntarily release and forever discharge PAIRS and its student volunteers and organizers (collectively, "Released Parties") from any and all claims, demands, or causes of action arising out of or connected with my participation in this activity or my use of any equipment provided in connection with this activity, including claims alleging ordinary negligent acts or omissions by any Released Party.

This release does not extend to, and shall not be construed to release, any claim arising from gross negligence, recklessness, or intentional or willful misconduct by any Released Party.

I further understand that the Released Parties are not responsible for any personal property that is lost, stolen, or damaged during my participation.

7. Governing Law and Venue

This agreement shall be governed by and construed in accordance with the laws of the State of California, without regard to its conflict of laws principles. Any dispute arising out of or relating to this agreement shall be brought exclusively in the state or federal courts located in Orange County, California, and I hereby consent to the personal jurisdiction of those courts.

8. Agreement to Terms

If any portion of this agreement is found void or unenforceable, the remainder shall remain in full effect. By signing, I acknowledge that if I am injured or my property is damaged during participation, a court of law may find that I have waived my right to bring a lawsuit against PAIRS or its volunteers for claims covered by this release.

Please check one for photographic release:

- ☐ I GRANT permission to PAIRS to use photographs, video, or audio taken of me during program activities for foundation reports, educational materials, social media, and promotional materials.
- ☐ I DO NOT grant permission for my image to be used.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Participant Signature: _____

Printed Name: _____

Date: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____